

00:00:00.000 --> 00:00:02.630 Support for Yale Cancer Answers

NOTE Confidence: 0.9233185

00:00:02.630 --> 00:00:04.734 comes from AstraZeneca,

NOTE Confidence: 0.9233185

00:00:04.740 --> 00:00:06.776 proud partner in personalized

NOTE Confidence: 0.9233185

00:00:06.776 --> 00:00:08.303 medicine developing tailored

NOTE Confidence: 0.9233185

00:00:08.303 --> 00:00:10.470 treatments for cancer patients.

NOTE Confidence: 0.9233185

00:00:10.470 --> 00:00:12.550 Learn more at astrazeneca-us.com.

NOTE Confidence: 0.9190715

00:00:14.750 --> 00:00:16.082 Welcome to Yale Cancer

NOTE Confidence: 0.9190715

00:00:16.082 --> 00:00:17.414 Answers with your host

NOTE Confidence: 0.9190715

00:00:17.420 --> 00:00:19.090 Doctor Anees Chagpar.

NOTE Confidence: 0.9190715

00:00:19.090 --> 00:00:20.880 Yale Cancer Answers features the

NOTE Confidence: 0.9190715

00:00:20.880 --> 00:00:23.079 latest information on cancer care by

NOTE Confidence: 0.9190715

00:00:23.079 --> 00:00:24.467 welcoming oncologists and specialists

NOTE Confidence: 0.9190715

00:00:24.467 --> 00:00:26.808 who are on the forefront of the

NOTE Confidence: 0.9190715

00:00:26.808 --> 00:00:28.434 battle to fight cancer. This week

NOTE Confidence: 0.9190715

00:00:28.440 --> 00:00:30.110 it's a conversation about end

NOTE Confidence: 0.9190715

00:00:30.110 --> 00:00:31.780 of life and palliative care,

NOTE Confidence: 0.9190715

00:00:31.780 --> 00:00:33.450 with doctor Elizabeth Prsic,

NOTE Confidence: 0.9190715

00:00:33.450 --> 00:00:35.364 Doctor Prsic is the director of

NOTE Confidence: 0.9190715

00:00:35.364 --> 00:00:37.130 the Adult Palliative Care Program,

NOTE Confidence: 0.9190715

00:00:37.130 --> 00:00:38.800 an an assistant professor at

00:00:38.800 --> 00:00:40.470 Yale School of Medicine

00:00:44.710 --> 00:00:45.820 Elizabeth,

00:00:45.820 --> 00:00:50.153 I think there are at

00:00:50.153 --> 00:00:52.826 least some misperceptions about

00:00:52.826 --> 00:00:56.326 what exactly is palliative care.

00:00:56.330 --> 00:00:59.084 Can you tell us a little bit about that?

00:00:59.090 --> 00:01:02.470 I mean it goes all the way back to

00:01:02.470 --> 00:01:04.050 previous presidential elections when people

NOTE Confidence: 0.93912023

00:01:04.050 --> 00:01:05.850 were talking about death panels.

NOTE Confidence: 0.9434787

00:01:05.850 --> 00:01:07.999 Is that really what we're talking about?

00:01:08.000 --> 00:01:09.836 There's a lot of misperceptions

00:01:09.836 --> 00:01:11.421 out there about what palliative

NOTE Confidence: 0.9434787

00:01:11.421 --> 00:01:13.514 care is and what we can provide.

NOTE Confidence: 0.9434787

00:01:13.520 --> 00:01:15.976 Palliative care is a medical subspecialty,

NOTE Confidence: 0.9434787

00:01:15.980 --> 00:01:17.580 that's really focused on the

NOTE Confidence: 0.9434787

00:01:17.580 --> 00:01:19.180 comprehensive care of patients with

NOTE Confidence: 0.9434787

00:01:19.234 --> 00:01:21.404 serious illness and the support of their
NOTE Confidence: 0.9434787

00:01:21.404 --> 00:01:22.947 caregivers and family members. We're
NOTE Confidence: 0.9434787

00:01:22.947 --> 00:01:24.627 involved from the time of diagnosis
NOTE Confidence: 0.9434787

00:01:24.627 --> 00:01:26.474 all the way through an illness,
NOTE Confidence: 0.9434787

00:01:26.474 --> 00:01:27.437 whether that's
NOTE Confidence: 0.9434787

00:01:27.440 --> 00:01:29.190 a terminal illness or whether they're
NOTE Confidence: 0.9434787

00:01:29.190 --> 00:01:30.590 working towards curative therapy,
NOTE Confidence: 0.9434787

00:01:30.590 --> 00:01:32.963 we're there to help support the
NOTE Confidence: 0.9434787

00:01:32.963 --> 00:01:35.139 families as well as the patients.
NOTE Confidence: 0.9434787

00:01:35.140 --> 00:01:36.540 Oftentimes we help with
NOTE Confidence: 0.9434787

00:01:36.540 --> 00:01:37.940 symptom management and support,
NOTE Confidence: 0.9434787

00:01:37.940 --> 00:01:40.040 but also
00:01:40.040 --> 00:01:41.090 with communication support,
NOTE Confidence: 0.9434787

00:01:41.090 --> 00:01:42.490 support for the medical
NOTE Confidence: 0.9434787

00:01:42.490 --> 00:01:44.240 teams caring for the patients
NOTE Confidence: 0.9212457

00:01:44.240 --> 00:01:48.083 as well.
NOTE Confidence: 0.9212457

00:01:48.090 --> 00:01:49.682 So this is not hospice,
NOTE Confidence: 0.9212457

00:01:49.682 --> 00:01:51.672 you're going to die,
NOTE Confidence: 0.9212457

00:01:51.680 --> 00:01:54.473 let me help you to go blissfully
NOTE Confidence: 0.9212457

00:01:54.473 --> 00:01:56.068 into the good night, right?
NOTE Confidence: 0.9212457

00:01:56.068 --> 00:01:58.854 Tell us about the difference,
NOTE Confidence: 0.9212457

00:01:58.860 --> 00:02:01.764 because I think that people really
NOTE Confidence: 0.9212457

00:02:01.764 --> 00:02:03.700 get confused between palliative
NOTE Confidence: 0.9212457

00:02:03.780 --> 00:02:05.850 care which you said
NOTE Confidence: 0.9212457

00:02:05.850 --> 00:02:08.009 starts at the time of diagnosis
NOTE Confidence: 0.9212457

00:02:08.009 --> 00:02:10.473 and can even be used for people
NOTE Confidence: 0.9212457

00:02:10.473 --> 00:02:12.430 who are undergoing therapy for
NOTE Confidence: 0.9212457

00:02:12.430 --> 00:02:14.420 curative intent versus Hospice. So
NOTE Confidence: 0.9392947

00:02:14.420 --> 00:02:16.048 what's Hospice?
NOTE Confidence: 0.9392947

00:02:16.048 --> 00:02:18.083 Hospice is care that's really focused
NOTE Confidence: 0.9392947

00:02:18.090 --> 00:02:20.694 on end of life where a patients prognosis
NOTE Confidence: 0.9392947

00:02:20.694 --> 00:02:23.815 is 6 months or less and that's really

NOTE Confidence: 0.9392947

00:02:23.815 --> 00:02:26.673 focused on the comfort based care of

NOTE Confidence: 0.9392947

00:02:26.673 --> 00:02:29.211 the patient

NOTE Confidence: 0.9392947

00:02:29.211 --> 00:02:31.260 rather than any curatives disease.

NOTE Confidence: 0.9392947

00:02:31.260 --> 00:02:33.254 Most Hospice care

NOTE Confidence: 0.9392947

00:02:33.254 --> 00:02:35.642 is provided in the home setting,

NOTE Confidence: 0.9392947

00:02:35.650 --> 00:02:38.038 with families serving as primary caretakers.

NOTE Confidence: 0.9392947

00:02:38.040 --> 00:02:40.404 Although some Hospice care is delivered

NOTE Confidence: 0.9392947

00:02:40.404 --> 00:02:43.447 in a hospital setting or in a nursing

NOTE Confidence: 0.9392947

00:02:43.447 --> 00:02:45.541 facility or even inpatient

NOTE Confidence: 0.9392947

00:02:45.609 --> 00:02:48.519 require intensive management so Hospice care

NOTE Confidence: 0.9392947

00:02:48.520 --> 00:02:50.592 is a form of palliative care in that

NOTE Confidence: 0.9392947

00:02:50.592 --> 00:02:52.842 we're really focusing on the support of

NOTE Confidence: 0.9392947

00:02:52.842 --> 00:02:54.990 patients and families facing serious illness,

NOTE Confidence: 0.9392947

00:02:54.990 --> 00:02:56.515 but Hospice care is really

NOTE Confidence: 0.9392947

00:02:56.515 --> 00:02:58.380 directed towards the end of life and

NOTE Confidence: 0.919849

00:03:00.390 --> 00:03:01.710 symptom support rather than
NOTE Confidence: 0.919849

00:03:01.710 --> 00:03:03.030 curative
NOTE Confidence: 0.919849

00:03:03.030 --> 00:03:04.680 directed therapy, so one
NOTE Confidence: 0.919849

00:03:04.680 --> 00:03:06.864 important thing I think for people
NOTE Confidence: 0.919849

00:03:06.864 --> 00:03:08.662 to understand is that difference because
NOTE Confidence: 0.919849

00:03:08.662 --> 00:03:10.650 so often people will have
NOTE Confidence: 0.919849

00:03:10.650 --> 00:03:12.930 pain or they'll have nausea,
NOTE Confidence: 0.919849

00:03:12.930 --> 00:03:14.580 or they'll have
NOTE Confidence: 0.919849

00:03:14.580 --> 00:03:16.911 some sort of issue or an emotional
NOTE Confidence: 0.919849

00:03:16.911 --> 00:03:18.853 issue and somebody will say,
NOTE Confidence: 0.919849

00:03:18.853 --> 00:03:20.731 maybe you oughta talk to
NOTE Confidence: 0.919849

00:03:20.731 --> 00:03:22.763 some of the palliative care team
NOTE Confidence: 0.919849

00:03:22.763 --> 00:03:25.470 people and people will go, Oh my God,
NOTE Confidence: 0.919849

00:03:25.470 --> 00:03:27.780 what do you mean? Am I dying?
NOTE Confidence: 0.919849

00:03:27.780 --> 00:03:31.140 Which is not the same.
NOTE Confidence: 0.919849

00:03:31.140 --> 00:03:33.352 You also specialize in end of life

NOTE Confidence: 0.919849
00:03:33.352 --> 00:03:35.850 and for a lot of patients,
NOTE Confidence: 0.919849
00:03:35.850 --> 00:03:37.210 especially patients with cancer,
NOTE Confidence: 0.919849
00:03:37.210 --> 00:03:38.910 that's something that they don't
NOTE Confidence: 0.919849
00:03:38.910 --> 00:03:40.248 really want to think about,
NOTE Confidence: 0.919849
00:03:40.250 --> 00:03:43.067 but they are forced to kind of think about.
NOTE Confidence: 0.919849
00:03:43.070 --> 00:03:44.960 Tell us about what that's like.
00:03:45.270 --> 00:03:47.398 When you say I think the patients
NOTE Confidence: 0.93243265
00:03:47.398 --> 00:03:49.348 don't want to think about it,
NOTE Confidence: 0.93243265
00:03:49.350 --> 00:03:51.854 I think that is in many cases true.
NOTE Confidence: 0.93243265
00:03:51.860 --> 00:03:53.708 But oftentimes patients do think a
NOTE Confidence: 0.93243265
00:03:53.708 --> 00:03:56.012 lot about it and may not have the
NOTE Confidence: 0.93243265
00:03:56.012 --> 00:03:57.965 tools or may not have the comfort
NOTE Confidence: 0.93243265
00:03:57.965 --> 00:04:00.173 level to speak to certain providers
NOTE Confidence: 0.93243265
00:04:00.173 --> 00:04:02.300 or family members about that so
NOTE Confidence: 0.93243265
00:04:02.300 --> 00:04:04.000 in a lot of cases,
NOTE Confidence: 0.93243265
00:04:04.000 --> 00:04:05.944 I feel that we're having these

NOTE Confidence: 0.93243265

00:04:05.944 --> 00:04:07.581 conversations that families and patients

NOTE Confidence: 0.93243265

00:04:07.581 --> 00:04:09.837 often want to have and may have been

NOTE Confidence: 0.93243265

00:04:09.837 --> 00:04:11.535 thinking of having for a long time,

NOTE Confidence: 0.93243265

00:04:11.540 --> 00:04:13.532 but just didn't have the outlet or the

NOTE Confidence: 0.93243265

00:04:13.532 --> 00:04:15.600 support to have these tough conversations.

NOTE Confidence: 0.9232104

00:04:16.540 --> 00:04:18.748 And I think that a lot of

NOTE Confidence: 0.9232104

00:04:18.748 --> 00:04:20.690 people are just scared they don't

NOTE Confidence: 0.9232104

00:04:20.690 --> 00:04:23.236 know what to expect and that makes

NOTE Confidence: 0.9232104

00:04:23.236 --> 00:04:25.240 the conversation very difficult.

NOTE Confidence: 0.9232104

00:04:25.240 --> 00:04:27.544 So how do you start

NOTE Confidence: 0.9232104

00:04:27.544 --> 00:04:29.070 having that conversation?

NOTE Confidence: 0.93143666

00:04:29.970 --> 00:04:32.474 Each and every patient in each and

NOTE Confidence: 0.93143666

00:04:32.474 --> 00:04:34.170 every circumstance is very different.

NOTE Confidence: 0.93143666

00:04:34.170 --> 00:04:36.424 Obviously there is a lot of fear,

NOTE Confidence: 0.93143666

00:04:36.430 --> 00:04:37.399 and apprehension

NOTE Confidence: 0.93143666

00:04:37.399 --> 00:04:39.660 about care at the end of life,
NOTE Confidence: 0.93143666

00:04:39.660 --> 00:04:41.598 and about confronting end of life.
NOTE Confidence: 0.93143666

00:04:41.600 --> 00:04:43.538 But that isn't always the case
NOTE Confidence: 0.93143666

00:04:43.540 --> 00:04:44.527 for every patient.
NOTE Confidence: 0.93143666

00:04:44.527 --> 00:04:47.512 There are many patients that I speak to that
NOTE Confidence: 0.93143666

00:04:47.512 --> 00:04:50.000 have very clear wishes about what they want
NOTE Confidence: 0.93143666

00:04:50.000 --> 00:04:51.610 at the end of life,
NOTE Confidence: 0.93143666

00:04:51.610 --> 00:04:53.245 and in particular what they
NOTE Confidence: 0.93143666

00:04:53.245 --> 00:04:55.489 don't want at the end of life.
NOTE Confidence: 0.93143666

00:04:55.490 --> 00:04:57.730 There are a lot of fears that
NOTE Confidence: 0.93143666

00:04:57.730 --> 00:04:59.690 people are willing to talk about.
NOTE Confidence: 0.93143666

00:04:59.690 --> 00:05:00.334 For instance,
NOTE Confidence: 0.93143666

00:05:00.334 --> 00:05:02.266 fear of uncontrolled symptoms of pain,
NOTE Confidence: 0.93143666

00:05:02.270 --> 00:05:03.428 fears of abandonment,
NOTE Confidence: 0.93143666

00:05:03.428 --> 00:05:05.744 feeling that their doctors or other
NOTE Confidence: 0.93143666

00:05:05.744 --> 00:05:07.700 members of their care team may not

NOTE Confidence: 0.93143666

00:05:07.700 --> 00:05:10.109 continue to care for them if they quote,

NOTE Confidence: 0.93143666

00:05:10.110 --> 00:05:12.329 you know, give up or stop focusing

NOTE Confidence: 0.93143666

00:05:12.329 --> 00:05:13.810 on disease directed therapy,

NOTE Confidence: 0.93143666

00:05:13.810 --> 00:05:16.506 and that's not at all the case.

NOTE Confidence: 0.93143666

00:05:16.510 --> 00:05:18.190 There's always support for patients,

NOTE Confidence: 0.93143666

00:05:18.190 --> 00:05:20.367 and there's always things that we can

NOTE Confidence: 0.93143666

00:05:20.367 --> 00:05:23.249 do to help them cope with their illness,

NOTE Confidence: 0.93143666

00:05:23.250 --> 00:05:24.494 cope with their symptoms,

NOTE Confidence: 0.93143666

00:05:24.494 --> 00:05:26.360 and support them along this really

NOTE Confidence: 0.93143666

00:05:26.414 --> 00:05:27.970 natural and universal process.

NOTE Confidence: 0.93779

00:05:28.870 --> 00:05:31.600 So one of the things that I

NOTE Confidence: 0.93779

00:05:31.600 --> 00:05:34.362 think people may have fears about

NOTE Confidence: 0.93779

00:05:34.362 --> 00:05:36.857 is what happens after death.

NOTE Confidence: 0.93779

00:05:36.860 --> 00:05:40.964 I mean, whether they come from a spiritual

NOTE Confidence: 0.93779

00:05:40.964 --> 00:05:44.648 background or religious background or not.

NOTE Confidence: 0.93779

00:05:44.650 --> 00:05:46.456 I think that
NOTE Confidence: 0.93779

00:05:46.456 --> 00:05:48.510 may play into that apprehension.
NOTE Confidence: 0.93779

00:05:48.510 --> 00:05:50.967 Talk about how you broach that topic.
NOTE Confidence: 0.93779

00:05:50.970 --> 00:05:53.399 I mean, are there people on the
NOTE Confidence: 0.93779

00:05:53.399 --> 00:05:55.903 palliative care or the end of life
NOTE Confidence: 0.93779

00:05:55.903 --> 00:05:57.985 team who can discuss those issues?
NOTE Confidence: 0.93779

00:05:57.990 --> 00:06:00.447 And how exactly does that conversation go?
NOTE Confidence: 0.93779

00:06:00.450 --> 00:06:02.200 That's a big question.
NOTE Confidence: 0.93779

00:06:02.200 --> 00:06:02.900 Maybe one
NOTE Confidence: 0.91851526

00:06:02.900 --> 00:06:04.655 of the biggest questions that
NOTE Confidence: 0.91851526

00:06:04.655 --> 00:06:06.779 we have as human beings, right?
NOTE Confidence: 0.91851526

00:06:06.779 --> 00:06:09.362 And I'm glad you brought this
NOTE Confidence: 0.91851526

00:06:09.362 --> 00:06:12.564 question up because I can talk a bit about
NOTE Confidence: 0.91851526

00:06:12.564 --> 00:06:15.008 the wonderful team with which we work.
00:06:18.986 --> 00:06:20.430 We have dedicated physicians,
NOTE Confidence: 0.91851526

00:06:20.430 --> 00:06:21.150 nurse practitioners,
NOTE Confidence: 0.91851526

00:06:21.150 --> 00:06:23.670 nurses and also social workers and chaplains,
NOTE Confidence: 0.91851526

00:06:23.670 --> 00:06:25.050 both inpatient and outpatient,
NOTE Confidence: 0.91851526

00:06:25.050 --> 00:06:27.982 as well as a dedicated art therapist and
NOTE Confidence: 0.91851526

00:06:27.982 --> 00:06:30.376 a dedicated psychologist who only focus
NOTE Confidence: 0.91851526

00:06:30.376 --> 00:06:33.055 on patients that are at the Cancer Center,
NOTE Confidence: 0.91851526

00:06:33.060 --> 00:06:34.870 not end of life necessarily,
NOTE Confidence: 0.91851526

00:06:34.870 --> 00:06:37.030 but anywhere throughout their cancer journey.
NOTE Confidence: 0.91851526

00:06:37.030 --> 00:06:38.840 Supporting them in this regard,
NOTE Confidence: 0.91851526

00:06:38.840 --> 00:06:41.136 so many patients do have a lot of
NOTE Confidence: 0.91851526

00:06:41.136 --> 00:06:43.472 what we call existential distress
NOTE Confidence: 0.91851526

00:06:43.472 --> 00:06:45.155 or spiritual concerns.
NOTE Confidence: 0.91851526

00:06:45.160 --> 00:06:47.060 That's something that all palliative
NOTE Confidence: 0.91851526

00:06:47.060 --> 00:06:48.960 care providers are adapted at
NOTE Confidence: 0.91851526

00:06:48.960 --> 00:06:50.100 identifying and discussing
NOTE Confidence: 0.91851526

00:06:50.100 --> 00:06:51.240 with their patients.
NOTE Confidence: 0.91851526

00:06:51.240 --> 00:06:52.335 But in particular,

NOTE Confidence: 0.91851526

00:06:52.335 --> 00:06:54.525 we rely upon our spiritual care

NOTE Confidence: 0.91851526

00:06:54.525 --> 00:06:56.487 providers and our social workers

NOTE Confidence: 0.91851526

00:06:56.487 --> 00:06:58.402 and chaplains for those particular

NOTE Confidence: 0.91851526

00:06:58.402 --> 00:07:00.737 needs that patients may present with.

NOTE Confidence: 0.91851526

00:07:00.740 --> 00:07:02.978 That doesn't mean that patients necessarily

NOTE Confidence: 0.91851526

00:07:02.978 --> 00:07:04.920 have a strong religious belief,

NOTE Confidence: 0.91851526

00:07:04.920 --> 00:07:07.391 or they may not identify it as

NOTE Confidence: 0.91851526

00:07:07.391 --> 00:07:09.100 spiritual or existential distress.

NOTE Confidence: 0.91851526

00:07:09.100 --> 00:07:11.473 That's sort of our jargon that we

NOTE Confidence: 0.91851526

00:07:11.473 --> 00:07:14.040 use to talk about these things,

NOTE Confidence: 0.91851526

00:07:14.040 --> 00:07:15.180 but you know,

NOTE Confidence: 0.91851526

00:07:15.180 --> 00:07:17.080 fears about what happens next

NOTE Confidence: 0.91851526

00:07:17.080 --> 00:07:18.048 with finding meaning

NOTE Confidence: 0.91851526

00:07:18.048 --> 00:07:19.812 in their life and their current

NOTE Confidence: 0.91851526

00:07:19.812 --> 00:07:21.498 experience is thinking about legacy.

NOTE Confidence: 0.91851526

00:07:21.500 --> 00:07:23.495 You know what's important to them now?

NOTE Confidence: 0.91851526

00:07:23.500 --> 00:07:25.810 What's important for them to

NOTE Confidence: 0.91851526

00:07:25.810 --> 00:07:27.850 leave behind and pass forward,

NOTE Confidence: 0.91851526

00:07:27.850 --> 00:07:30.376 and sometimes that presents in anxiety

NOTE Confidence: 0.91851526

00:07:30.376 --> 00:07:32.320 or sometimes that presents in

00:07:33.120 --> 00:07:35.120 thinking more about the spiritual

NOTE Confidence: 0.91851526

00:07:35.120 --> 00:07:37.614 or deeper aspects of really the

NOTE Confidence: 0.91851526

00:07:37.614 --> 00:07:38.428 human experience.

NOTE Confidence: 0.91851526

00:07:38.430 --> 00:07:41.796 So that's a big question and we try to

NOTE Confidence: 0.91851526

00:07:41.796 --> 00:07:44.528 address that on an individual level.

NOTE Confidence: 0.91851526

00:07:44.530 --> 00:07:47.036 I've had many patients that really don't

NOTE Confidence: 0.91851526

00:07:47.036 --> 00:07:49.109 identify with any particular religion

NOTE Confidence: 0.91851526

00:07:49.109 --> 00:07:51.444 or identify themselves as either,

NOTE Confidence: 0.91851526

00:07:51.450 --> 00:07:53.886 you know, generally spiritual or atheists,

NOTE Confidence: 0.91851526

00:07:53.890 --> 00:07:55.930 or relapsed Catholic,

NOTE Confidence: 0.91851526

00:07:55.930 --> 00:07:57.366 as many people say.

NOTE Confidence: 0.91851526

00:07:57.366 --> 00:07:59.952 But there are many different ways to
NOTE Confidence: 0.91851526

00:07:59.952 --> 00:08:02.507 kind of talk about these things and
NOTE Confidence: 0.91851526

00:08:02.507 --> 00:08:04.773 provide comfort and support and just
NOTE Confidence: 0.91851526

00:08:04.773 --> 00:08:06.963 a shared sense of humanity facing
NOTE Confidence: 0.91851526

00:08:06.970 --> 00:08:09.040 these questions and concerns.
00:08:09.383 --> 00:08:11.098 and when you talk about,
00:08:11.450 --> 00:08:13.844 the questions about leaving a legacy.
NOTE Confidence: 0.92

00:08:13.850 --> 00:08:15.730 I think the other
NOTE Confidence: 0.92

00:08:15.730 --> 00:08:18.080 thing that happens
NOTE Confidence: 0.92

00:08:18.080 --> 00:08:20.628 at the end of life that
NOTE Confidence: 0.92

00:08:20.630 --> 00:08:22.855 people may be thinking
NOTE Confidence: 0.92

00:08:22.855 --> 00:08:24.190 about is relationships,
NOTE Confidence: 0.92

00:08:24.190 --> 00:08:25.970 either relationships that require
NOTE Confidence: 0.92

00:08:25.970 --> 00:08:28.195 mending things that have happened,
NOTE Confidence: 0.92

00:08:28.200 --> 00:08:31.308 that you know have not been resolved,
NOTE Confidence: 0.92

00:08:31.310 --> 00:08:33.980 and how to how to deal
NOTE Confidence: 0.92

00:08:33.980 --> 00:08:35.315 with those relationships,

NOTE Confidence: 0.92

00:08:35.320 --> 00:08:38.127 particularly as you face the end of

NOTE Confidence: 0.92

00:08:38.127 --> 00:08:40.856 life because we all have relationships

NOTE Confidence: 0.92

00:08:40.856 --> 00:08:44.216 where there may have been some strain.

NOTE Confidence: 0.92

00:08:44.220 --> 00:08:46.000 There may have been,

NOTE Confidence: 0.92

00:08:46.000 --> 00:08:48.222 you know, people have fights,

NOTE Confidence: 0.92

00:08:48.222 --> 00:08:49.998 or bickering or whatever,

NOTE Confidence: 0.92

00:08:50.000 --> 00:08:53.970 and then you're facing this

NOTE Confidence: 0.92

00:08:53.970 --> 00:08:55.066 inevitable event and you may want

NOTE Confidence: 0.92

00:08:58.902 --> 00:09:01.773 to find closure in that.

NOTE Confidence: 0.92

00:09:01.773 --> 00:09:04.573 Is that part of what

NOTE Confidence: 0.92

00:09:04.573 --> 00:09:07.009 your team can help people with?

NOTE Confidence: 0.92

00:09:07.010 --> 00:09:09.326 How do you do that?

NOTE Confidence: 0.92

00:09:09.330 --> 00:09:12.418 Yes, absolutely.

NOTE Confidence: 0.92

00:09:12.420 --> 00:09:12.800 And

NOTE Confidence: 0.93481207

00:09:12.800 --> 00:09:15.341 again, I think when we talk about

NOTE Confidence: 0.93481207

00:09:15.341 --> 00:09:17.957 palliative care we talk about all these
NOTE Confidence: 0.93481207

00:09:17.957 --> 00:09:20.910 kind of larger issues and larger questions.
NOTE Confidence: 0.93481207

00:09:20.910 --> 00:09:23.549 And when I think about how it's
NOTE Confidence: 0.93481207

00:09:23.549 --> 00:09:26.309 implemented and how it unfolds day to day,
NOTE Confidence: 0.93481207

00:09:26.310 --> 00:09:28.500 it's such an individual experience.
NOTE Confidence: 0.93481207

00:09:28.500 --> 00:09:30.481 So I think one thing that we're
NOTE Confidence: 0.93481207

00:09:30.481 --> 00:09:32.286 particularly adept at is identifying
NOTE Confidence: 0.93481207

00:09:32.286 --> 00:09:33.627 these relationships.
NOTE Confidence: 0.93481207

00:09:33.630 --> 00:09:36.017 These legacy concerns that people may have.
NOTE Confidence: 0.93481207

00:09:36.020 --> 00:09:37.392 Sometimes they're linked to
NOTE Confidence: 0.93481207

00:09:37.392 --> 00:09:39.103 physical symptoms. To be honest,
NOTE Confidence: 0.93481207

00:09:39.103 --> 00:09:41.149 I've had patients that you know,
NOTE Confidence: 0.93481207

00:09:41.150 --> 00:09:43.544 their blood pressure goes up, their
NOTE Confidence: 0.93481207

00:09:43.544 --> 00:09:45.337 heart rate is high, they have headaches
NOTE Confidence: 0.93481207

00:09:45.337 --> 00:09:47.551 and day
NOTE Confidence: 0.93481207

00:09:47.551 --> 00:09:49.358 after day you kind of notice

NOTE Confidence: 0.93481207

00:09:49.360 --> 00:09:51.848 there is always a certain time of day

NOTE Confidence: 0.93481207

00:09:51.848 --> 00:09:53.808 when certain people are visiting.

NOTE Confidence: 0.93481207

00:09:53.810 --> 00:09:56.197 You know what's going on with those.

NOTE Confidence: 0.93481207

00:09:56.200 --> 00:09:58.252 People they have been

NOTE Confidence: 0.93481207

00:09:58.252 --> 00:09:59.918 hospitalised many, many times and

NOTE Confidence: 0.93481207

00:09:59.918 --> 00:10:02.628 they want to make amends with a loved

NOTE Confidence: 0.93481207

00:10:02.628 --> 00:10:05.426 one that maybe they have been

NOTE Confidence: 0.93481207

00:10:05.426 --> 00:10:07.066 separated from for whatever reason.

NOTE Confidence: 0.93481207

00:10:07.070 --> 00:10:09.962 Or want to reconnect with

NOTE Confidence: 0.93481207

00:10:09.962 --> 00:10:11.890 children or spouses or

NOTE Confidence: 0.93481207

00:10:11.890 --> 00:10:13.820 make a lifelong commitment.

NOTE Confidence: 0.93481207

00:10:13.820 --> 00:10:15.360 We've had several marriages

NOTE Confidence: 0.93481207

00:10:15.360 --> 00:10:17.670 in just the past year,

NOTE Confidence: 0.93481207

00:10:17.670 --> 00:10:19.974 both of patients and a family

NOTE Confidence: 0.93481207

00:10:19.974 --> 00:10:21.126 member and just,

NOTE Confidence: 0.93481207

00:10:21.130 --> 00:10:21.936 you know,
NOTE Confidence: 0.93481207

00:10:21.936 --> 00:10:23.951 solidifying that link or recognizing
NOTE Confidence: 0.93481207

00:10:23.951 --> 00:10:25.975 these missing pieces in people's
NOTE Confidence: 0.93481207

00:10:25.975 --> 00:10:27.840 lives or these important components
NOTE Confidence: 0.93481207

00:10:27.840 --> 00:10:29.989 of closure of legacy for them,
NOTE Confidence: 0.93481207

00:10:29.990 --> 00:10:31.952 and helping to facilitate that.
NOTE Confidence: 0.93481207

00:10:31.952 --> 00:10:34.698 A big part of that comes into play
NOTE Confidence: 0.93481207

00:10:34.698 --> 00:10:36.526 with children, with guardianship.
NOTE Confidence: 0.93481207

00:10:36.530 --> 00:10:38.972 With financial planning and we actually
NOTE Confidence: 0.93481207

00:10:38.972 --> 00:10:41.919 have a program
NOTE Confidence: 0.920795559999999

00:10:44.410 --> 00:10:46.629 where we have
NOTE Confidence: 0.920795559999999

00:10:46.629 --> 00:10:48.680 a partnership with the Yale Law
NOTE Confidence: 0.920795559999999

00:10:48.680 --> 00:10:50.756 school and there's a
NOTE Confidence: 0.920795559999999

00:10:50.756 --> 00:10:52.707 partnership that's facilitated with the
NOTE Confidence: 0.920795559999999

00:10:52.707 --> 00:10:55.023 palliative care service and social work
NOTE Confidence: 0.920795559999999

00:10:55.030 --> 00:10:57.655 where we can help provide some legal

NOTE Confidence: 0.920795559999999

00:10:57.655 --> 00:10:59.987 systems to patients that may need it,

NOTE Confidence: 0.920795559999999

00:10:59.990 --> 00:11:02.444 for instance, to help provide assistance

NOTE Confidence: 0.920795559999999

00:11:02.444 --> 00:11:04.746 with guardianship or paperwork to help

NOTE Confidence: 0.920795559999999

00:11:04.746 --> 00:11:06.846 give people peace of mind that maybe

NOTE Confidence: 0.920795559999999

00:11:06.846 --> 00:11:08.905 they've been unable to obtain through

NOTE Confidence: 0.920795559999999

00:11:08.905 --> 00:11:11.066 the usual measures because of illness.

NOTE Confidence: 0.920795559999999

00:11:11.066 --> 00:11:12.890 Because of repeated hospitalizations.

NOTE Confidence: 0.920795559999999

00:11:12.890 --> 00:11:15.634 Helping patients get married

NOTE Confidence: 0.920795559999999

00:11:15.634 --> 00:11:18.103 in the hospital or helping facilitate a

NOTE Confidence: 0.920795559999999

00:11:18.103 --> 00:11:21.438 ceremony so that they can really make a

NOTE Confidence: 0.920795559999999

00:11:21.438 --> 00:11:23.538 concrete demonstration of their family

NOTE Confidence: 0.920795559999999

00:11:23.538 --> 00:11:26.291 ties and that brings so much peace

NOTE Confidence: 0.920795559999999

00:11:26.291 --> 00:11:28.790 and closure and that does more than any

NOTE Confidence: 0.920795559999999

00:11:28.860 --> 00:11:31.800 medication that I could certainly provide.

NOTE Confidence: 0.920795559999999

00:11:31.800 --> 00:11:34.266 We rely heavily on our

NOTE Confidence: 0.920795559999999

00:11:34.266 --> 00:11:35.910 palliative team for that,
NOTE Confidence: 0.920795559999999

00:11:35.910 --> 00:11:37.965 and in particular our social
NOTE Confidence: 0.920795559999999

00:11:37.965 --> 00:11:39.609 work and Chaplin team.
NOTE Confidence: 0.9094234

00:11:39.610 --> 00:11:42.501 You certainly don't think of
NOTE Confidence: 0.9094234

00:11:42.501 --> 00:11:44.949 palliative care services as being,
NOTE Confidence: 0.9094234

00:11:44.950 --> 00:11:48.810 wedding court.
NOTE Confidence: 0.9094234

00:11:48.810 --> 00:11:52.296 But it is cool that
NOTE Confidence: 0.9094234

00:11:52.296 --> 00:11:55.113 you really do take a holistic
NOTE Confidence: 0.9094234

00:11:55.113 --> 00:11:57.764 view of what are the things that
NOTE Confidence: 0.9094234

00:11:57.764 --> 00:12:00.464 are important in this person's life,
NOTE Confidence: 0.9094234

00:12:00.470 --> 00:12:02.350 that they want to celebrate,
NOTE Confidence: 0.9094234

00:12:02.350 --> 00:12:04.600 that they want to amend, that
NOTE Confidence: 0.9094234

00:12:04.600 --> 00:12:07.608 they want to get done before
NOTE Confidence: 0.9094234

00:12:07.608 --> 00:12:09.865 the capstone of their life, right?
NOTE Confidence: 0.9094234

00:12:09.865 --> 00:12:12.115 And even thinking back on
NOTE Confidence: 0.9240855

00:12:12.120 --> 00:12:14.000 different capstones that

NOTE Confidence: 0.9240855

00:12:14.000 --> 00:12:15.880 they've had in the past.

NOTE Confidence: 0.9240855

00:12:15.880 --> 00:12:18.904 Are they proud of what if they spent their

NOTE Confidence: 0.9240855

00:12:18.904 --> 00:12:21.488 lives cultivating and practicing and

NOTE Confidence: 0.9240855

00:12:21.490 --> 00:12:22.890 what's important to them?

NOTE Confidence: 0.9240855

00:12:22.890 --> 00:12:24.990 And so I think as physicians,

NOTE Confidence: 0.9240855

00:12:24.990 --> 00:12:26.922 we tend to think about illness

NOTE Confidence: 0.9240855

00:12:26.922 --> 00:12:29.408 and end of life from a very

NOTE Confidence: 0.9240855

00:12:29.408 --> 00:12:31.288 medical viewpoint as we should.

NOTE Confidence: 0.9240855

00:12:31.290 --> 00:12:33.234 But really, from a patient perspective

NOTE Confidence: 0.9240855

00:12:33.234 --> 00:12:35.490 and from a human experience,

NOTE Confidence: 0.9240855

00:12:35.490 --> 00:12:37.240 there's really so much more

NOTE Confidence: 0.9240855

00:12:37.240 --> 00:12:38.990 and I think with palliative care

NOTE Confidence: 0.9240855

00:12:38.990 --> 00:12:41.378 we help obviously with the symptom

NOTE Confidence: 0.9240855

00:12:41.378 --> 00:12:42.970 support with the communication

NOTE Confidence: 0.9240855

00:12:43.033 --> 00:12:45.014 support we have the time to really

NOTE Confidence: 0.9240855

00:12:45.014 --> 00:12:47.354 sit down and delve into these deeper

NOTE Confidence: 0.9240855

00:12:47.354 --> 00:12:49.490 issues and help resolve and support

NOTE Confidence: 0.9240855

00:12:49.490 --> 00:12:52.016 patients at times of crisis.

NOTE Confidence: 0.9240855

00:12:52.020 --> 00:12:53.046 And great sadness,

NOTE Confidence: 0.9240855

00:12:53.046 --> 00:12:54.756 but also there's such an

NOTE Confidence: 0.9240855

00:12:54.756 --> 00:12:56.429 opportunity for joy for meaning,

NOTE Confidence: 0.9240855

00:12:56.430 --> 00:12:58.105 and I think that's what

NOTE Confidence: 0.9240855

00:12:58.105 --> 00:13:00.160 keeps all of us doing what

NOTE Confidence: 0.9296928

00:13:00.160 --> 00:13:01.850 we do.

NOTE Confidence: 0.9296928

00:13:01.850 --> 00:13:04.892 I was at a conference several years ago now,

NOTE Confidence: 0.9296928

00:13:04.900 --> 00:13:07.292 and it was

00:13:07.292 --> 00:13:09.309 a career fair for students,

NOTE Confidence: 0.9296928

00:13:09.310 --> 00:13:11.000 and they were thinking about

NOTE Confidence: 0.9296928

00:13:11.000 --> 00:13:11.676 different specialties.

NOTE Confidence: 0.9296928

00:13:11.680 --> 00:13:15.410 And one of them came up to me and asked me,

NOTE Confidence: 0.9296928

00:13:15.410 --> 00:13:17.492 how could anybody do

NOTE Confidence: 0.9296928

00:13:17.492 --> 00:13:19.479 palliative care and end of life?

NOTE Confidence: 0.9296928

00:13:19.480 --> 00:13:22.918 Because I mean it's just such a depressing

NOTE Confidence: 0.9296928

00:13:22.920 --> 00:13:26.240 field

NOTE Confidence: 0.9296928

00:13:26.240 --> 00:13:29.440 and I came back and I asked one of

NOTE Confidence: 0.9296928

00:13:29.529 --> 00:13:33.069 our palliative care physicians about that,

NOTE Confidence: 0.9296928

00:13:33.070 --> 00:13:35.626 and she said, well,

NOTE Confidence: 0.9296928

00:13:35.630 --> 00:13:39.046 the two greatest moments are life and death,

NOTE Confidence: 0.9296928

00:13:39.050 --> 00:13:40.758 and those are

NOTE Confidence: 0.9296928

00:13:40.758 --> 00:13:42.039 inevitable.

NOTE Confidence: 0.9296928

00:13:42.040 --> 00:13:43.796 And there's something important

NOTE Confidence: 0.9296928

00:13:43.796 --> 00:13:45.991 about being there for patients

NOTE Confidence: 0.9296928

00:13:45.991 --> 00:13:47.590 at those two times,

NOTE Confidence: 0.9296928

00:13:47.590 --> 00:13:48.015 absolutely.

NOTE Confidence: 0.93646395

00:13:48.440 --> 00:13:51.093 I mean, it's truly an honor to be

NOTE Confidence: 0.93646395

00:13:51.093 --> 00:13:53.783 with patients that are going through

NOTE Confidence: 0.93646395

00:13:53.783 --> 00:13:56.243 difficult times wherever they are

NOTE Confidence: 0.93646395

00:13:56.250 --> 00:13:58.548 along their journey of serious illness

NOTE Confidence: 0.93646395

00:13:58.548 --> 00:14:01.058 and certainly at end of life and the

NOTE Confidence: 0.93646395

00:14:01.058 --> 00:14:03.543 way I see it is it's not just about the

NOTE Confidence: 0.93646395

00:14:03.543 --> 00:14:06.000 patient but also about their family and

NOTE Confidence: 0.93646395

00:14:06.000 --> 00:14:08.065 caregiver and what happens after the

NOTE Confidence: 0.93646395

00:14:08.065 --> 00:14:09.580 patients pass and their bereavement.

NOTE Confidence: 0.93646395

00:14:09.580 --> 00:14:11.205 How they look back upon

NOTE Confidence: 0.93646395

00:14:11.205 --> 00:14:12.180 the patient's illness.

NOTE Confidence: 0.93646395

00:14:12.180 --> 00:14:13.480 Did they feel supported?

NOTE Confidence: 0.93646395

00:14:13.480 --> 00:14:14.780 Cared for.

NOTE Confidence: 0.93646395

00:14:14.780 --> 00:14:17.685 Did the patient feel that things went

NOTE Confidence: 0.93646395

00:14:17.690 --> 00:14:19.754 in a way that they wanted things to

NOTE Confidence: 0.93646395

00:14:19.754 --> 00:14:22.039 go. Were their wishes respected,

NOTE Confidence: 0.93646395

00:14:22.040 --> 00:14:23.284 their goals recognized

NOTE Confidence: 0.93646395

00:14:23.284 --> 00:14:24.528 and appreciated and valued.

NOTE Confidence: 0.93646395

00:14:24.530 --> 00:14:27.154 So I know for many people it does
NOTE Confidence: 0.93646395

00:14:27.154 --> 00:14:29.862 seem like a very sad topic
NOTE Confidence: 0.93646395

00:14:29.862 --> 00:14:32.618 and there is a lot of loss and grief.
NOTE Confidence: 0.93646395

00:14:32.620 --> 00:14:34.972 But our team finds a lot of meaning
NOTE Confidence: 0.93646395

00:14:34.972 --> 00:14:37.643 and a lot of joy and we do this
NOTE Confidence: 0.93646395

00:14:37.643 --> 00:14:39.150 because it's a passion.
NOTE Confidence: 0.93646395

00:14:39.150 --> 00:14:41.327 I don't think any of us
NOTE Confidence: 0.93646395

00:14:41.330 --> 00:14:42.494 woke up
NOTE Confidence: 0.93646395

00:14:42.494 --> 00:14:44.620 the last day of college
NOTE Confidence: 0.93646395

00:14:44.620 --> 00:14:47.108 and said, I'm going to be a palliative
NOTE Confidence: 0.93646395

00:14:47.108 --> 00:14:48.709 care provider but
NOTE Confidence: 0.93646395

00:14:48.710 --> 00:14:50.656 we find our way into this field
NOTE Confidence: 0.93646395

00:14:50.656 --> 00:14:52.765 for a reason and we're generally
NOTE Confidence: 0.93646395

00:14:52.765 --> 00:14:53.968 a pretty happy bunch,
00:14:54.300 --> 00:14:56.154 We're going to talk more about
NOTE Confidence: 0.9184386

00:14:56.154 --> 00:14:58.487 how you care not only for the
NOTE Confidence: 0.9184386

00:14:58.487 --> 00:15:00.545 patient but also for their family
NOTE Confidence: 0.9184386

00:15:00.550 --> 00:15:02.404 after we take a short
NOTE Confidence: 0.9184386

00:15:02.404 --> 00:15:04.170 break for a medical minute.
NOTE Confidence: 0.9346044

00:15:04.860 --> 00:15:07.560 Support for Yale Cancer Answers
NOTE Confidence: 0.9346044

00:15:07.560 --> 00:15:10.260 comes from AstraZeneca, dedicated
NOTE Confidence: 0.9346044

00:15:10.343 --> 00:15:13.663 to providing innovative treatment
NOTE Confidence: 0.9346044

00:15:13.663 --> 00:15:17.813 options for people living with
NOTE Confidence: 0.9346044

00:15:17.813 --> 00:15:18.643 cancer. Learn more at astrazeneca-us.com.
NOTE Confidence: 0.9346044

00:15:18.650 --> 00:15:20.710 This is a medical minute
NOTE Confidence: 0.9346044

00:15:20.710 --> 00:15:21.946 about colorectal cancer.
NOTE Confidence: 0.9346044

00:15:21.950 --> 00:15:23.189 When detected early,
NOTE Confidence: 0.9346044

00:15:23.189 --> 00:15:25.254 colorectal cancer is easily treated
NOTE Confidence: 0.9346044

00:15:25.260 --> 00:15:28.144 and highly curable and as a result,
NOTE Confidence: 0.9346044

00:15:28.150 --> 00:15:30.370 it's recommended that men and women
NOTE Confidence: 0.9346044

00:15:30.370 --> 00:15:33.286 over the age of 50 have regular
NOTE Confidence: 0.9346044

00:15:33.286 --> 00:15:35.998 colonoscopies to screen for the disease.

NOTE Confidence: 0.9346044

00:15:36.000 --> 00:15:38.502 Tumor gene analysis has helped improve

NOTE Confidence: 0.9346044

00:15:38.502 --> 00:15:40.170 management of colorectal cancer

NOTE Confidence: 0.9346044

00:15:40.239 --> 00:15:42.264 by identifying the patients most

NOTE Confidence: 0.9346044

00:15:42.264 --> 00:15:44.289 likely to benefit from chemotherapy

NOTE Confidence: 0.9346044

00:15:44.358 --> 00:15:45.910 and newer targeted agents,

NOTE Confidence: 0.9346044

00:15:45.910 --> 00:15:47.814 resulting in more patient

NOTE Confidence: 0.9346044

00:15:47.814 --> 00:15:48.766 specific treatments.

NOTE Confidence: 0.9346044

00:15:48.770 --> 00:15:50.810 More information is available

NOTE Confidence: 0.9346044

00:15:50.810 --> 00:15:51.830 at yalecancercenter.org.

NOTE Confidence: 0.9346044

00:15:51.830 --> 00:15:56.000 You're listening to Connecticut Public Radio.

NOTE Confidence: 0.9346044

00:15:56.000 --> 00:15:56.400 Welcome

NOTE Confidence: 0.9334789000000001

00:15:56.400 --> 00:15:59.504 back. We are discussing end of life and

NOTE Confidence: 0.9334789000000001

00:15:59.504 --> 00:16:01.960 palliative care and right before the

NOTE Confidence: 0.9334789000000001

00:16:01.960 --> 00:16:04.843 break Elizabeth was telling us that this

NOTE Confidence: 0.9334789000000001

00:16:04.843 --> 00:16:07.608 really is not necessarily a morbid field

NOTE Confidence: 0.9334789000000001

00:16:07.608 --> 00:16:10.864 that part of her job is to really
NOTE Confidence: 0.9334789000000001

00:16:10.864 --> 00:16:14.203 care for and support and at times even
NOTE Confidence: 0.9334789000000001

00:16:14.203 --> 00:16:17.200 bring joy to patients at
NOTE Confidence: 0.9334789000000001

00:16:17.200 --> 00:16:20.000 a really important time in their life.
NOTE Confidence: 0.9334789000000001

00:16:20.000 --> 00:16:22.400 And it's not just the patient,
NOTE Confidence: 0.9334789000000001

00:16:22.400 --> 00:16:24.000 right Elizabeth, it's also,
NOTE Confidence: 0.9334789000000001

00:16:24.000 --> 00:16:26.400 you know, caring for the family
NOTE Confidence: 0.9334789000000001

00:16:26.400 --> 00:16:27.600 and the caregivers.
NOTE Confidence: 0.9334789000000001

00:16:27.600 --> 00:16:31.970 So talk a little bit about that.
NOTE Confidence: 0.93552727

00:16:31.970 --> 00:16:34.750 Being a caregiver, I think is one of
NOTE Confidence: 0.93552727

00:16:34.750 --> 00:16:37.240 the hardest jobs that anyone can have.
NOTE Confidence: 0.93552727

00:16:37.240 --> 00:16:39.690 Being a caregiver from my past experience,
NOTE Confidence: 0.93552727

00:16:39.690 --> 00:16:41.951 when I think about myself going through
NOTE Confidence: 0.93552727

00:16:41.951 --> 00:16:44.259 medical school and residency and training,
NOTE Confidence: 0.93552727

00:16:44.260 --> 00:16:47.050 I tend to think about the caregiver as the
NOTE Confidence: 0.93552727

00:16:47.050 --> 00:16:49.544 support person that brings the patient to

NOTE Confidence: 0.93552727

00:16:49.544 --> 00:16:52.328 the hospital that picks up their medications,

NOTE Confidence: 0.93552727

00:16:52.330 --> 00:16:54.850 that helps coordinate things and what

NOTE Confidence: 0.93552727

00:16:54.850 --> 00:16:56.893 I've learned through personal experience

NOTE Confidence: 0.93552727

00:16:56.893 --> 00:16:59.593 and what I see every day is that this

NOTE Confidence: 0.93552727

00:16:59.665 --> 00:17:02.108 is really an all encompassing job that

NOTE Confidence: 0.93552727

00:17:02.110 --> 00:17:04.095 you can't really understand until

NOTE Confidence: 0.93552727

00:17:04.095 --> 00:17:06.484 you've been there.

NOTE Confidence: 0.93552727

00:17:06.484 --> 00:17:08.474 We recognize that the caregivers

NOTE Confidence: 0.93552727

00:17:08.474 --> 00:17:10.901 are really the most important people

NOTE Confidence: 0.93552727

00:17:10.901 --> 00:17:13.241 in the lives of our patients,

NOTE Confidence: 0.93552727

00:17:13.250 --> 00:17:15.240 and vice versa and try

NOTE Confidence: 0.93552727

00:17:15.240 --> 00:17:17.628 our best to recognize their value,

NOTE Confidence: 0.93552727

00:17:17.630 --> 00:17:19.222 incorporate them into medical

NOTE Confidence: 0.93552727

00:17:19.222 --> 00:17:20.814 decision making, into conversations,

NOTE Confidence: 0.93552727

00:17:20.820 --> 00:17:22.925 making sure we communicate with

NOTE Confidence: 0.93552727

00:17:22.925 --> 00:17:25.030 them and bring in communication
NOTE Confidence: 0.93552727

00:17:25.105 --> 00:17:27.175 from the medical teams as well as
NOTE Confidence: 0.93552727

00:17:27.180 --> 00:17:28.772 just recognizing that essential
NOTE Confidence: 0.93552727

00:17:28.772 --> 00:17:30.762 role that all caregivers play.
NOTE Confidence: 0.93552727

00:17:30.770 --> 00:17:32.567 And really, the
NOTE Confidence: 0.93552727

00:17:32.567 --> 00:17:35.562 extreme exhaustion and fatigue and
NOTE Confidence: 0.93552727

00:17:35.562 --> 00:17:39.160 distress that this job carries with it.
NOTE Confidence: 0.92158455

00:17:39.740 --> 00:17:43.779 I mean, I can imagine
NOTE Confidence: 0.92158455

00:17:43.780 --> 00:17:46.654 watching a loved one face the
NOTE Confidence: 0.92158455

00:17:46.654 --> 00:17:50.085 end of life and watching them
NOTE Confidence: 0.92158455

00:17:50.085 --> 00:17:53.585 go through everything,
NOTE Confidence: 0.92158455

00:17:53.590 --> 00:17:54.952 treatments, symptoms,
NOTE Confidence: 0.92158455

00:17:54.952 --> 00:17:57.676 ultimately facing their demise,
NOTE Confidence: 0.92158455

00:17:57.680 --> 00:18:02.293 it is a harrowing experience for them
NOTE Confidence: 0.92158455

00:18:02.293 --> 00:18:06.161 while they're trying to be supportive
NOTE Confidence: 0.92158455

00:18:06.161 --> 00:18:10.298 of the person going through it and

NOTE Confidence: 0.92158455

00:18:10.300 --> 00:18:12.505 I can't imagine what that's like.

NOTE Confidence: 0.92158455

00:18:12.510 --> 00:18:14.654 So tell me about how you not only

NOTE Confidence: 0.92158455

00:18:14.654 --> 00:18:16.799 try to support the patient and

NOTE Confidence: 0.92158455

00:18:16.799 --> 00:18:19.097 help them with their symptoms and

NOTE Confidence: 0.92158455

00:18:19.166 --> 00:18:21.140 help them to find peace at the

NOTE Confidence: 0.92158455

00:18:21.140 --> 00:18:24.160 end of life and at the same time,

NOTE Confidence: 0.92158455

00:18:24.160 --> 00:18:26.722 try to help the caregiver who

NOTE Confidence: 0.92158455

00:18:26.722 --> 00:18:28.430 themselves is going through

NOTE Confidence: 0.92158455

00:18:28.510 --> 00:18:30.610 their own grief and sadness,

NOTE Confidence: 0.92158455

00:18:30.610 --> 00:18:32.760 watching the demise or potential

NOTE Confidence: 0.92158455

00:18:32.760 --> 00:18:34.910 demise of a loved one.

NOTE Confidence: 0.92085713

00:18:36.240 --> 00:18:38.640 I think number one is

NOTE Confidence: 0.92085713

00:18:38.640 --> 00:18:40.240 recognizing their role,

NOTE Confidence: 0.92085713

00:18:40.240 --> 00:18:41.840 recognizing their presence, incorporating

NOTE Confidence: 0.92085713

00:18:41.840 --> 00:18:43.440 caregivers into the communication,

NOTE Confidence: 0.92085713

00:18:43.440 --> 00:18:45.840 whether that be inpatient or outpatient,
NOTE Confidence: 0.92085713

00:18:45.840 --> 00:18:48.294 regardless of whatever serious
NOTE Confidence: 0.92085713

00:18:48.294 --> 00:18:50.640 illness their loved one is facing.
NOTE Confidence: 0.92085713

00:18:50.640 --> 00:18:52.640 We really view the palliative
NOTE Confidence: 0.92085713

00:18:52.640 --> 00:18:54.640 care patient experience as that
NOTE Confidence: 0.92085713

00:18:54.640 --> 00:18:56.640 of a patient and caregiver.
00:18:58.640 --> 00:19:01.004 Sometimes it's a family of 20
NOTE Confidence: 0.92085713

00:19:01.004 --> 00:19:03.040 that's in the patient's room,
NOTE Confidence: 0.92085713

00:19:03.040 --> 00:19:06.180 and so we recognize them.
00:19:08.080 --> 00:19:09.444 They are really integrated into
NOTE Confidence: 0.92085713

00:19:09.444 --> 00:19:10.467 the patient's care.
NOTE Confidence: 0.92085713

00:19:10.470 --> 00:19:12.402 We involve them in our
NOTE Confidence: 0.92085713

00:19:12.402 --> 00:19:14.580 spiritual care in our social work,
NOTE Confidence: 0.92085713

00:19:14.580 --> 00:19:16.967 we involve them in our symptom assessment.
NOTE Confidence: 0.92085713

00:19:16.970 --> 00:19:19.245 We involve them in every single communication
NOTE Confidence: 0.92085713

00:19:19.245 --> 00:19:21.080 and recognize their expertise.
NOTE Confidence: 0.92085713

00:19:21.080 --> 00:19:23.126 They know the patient better than

NOTE Confidence: 0.92085713

00:19:23.126 --> 00:19:25.178 anyone else, and they always will,

NOTE Confidence: 0.92085713

00:19:25.178 --> 00:19:27.476 no matter how much time we've

NOTE Confidence: 0.92085713

00:19:27.476 --> 00:19:29.970 been with them in the ICU setting,

NOTE Confidence: 0.92085713

00:19:29.970 --> 00:19:32.016 or how many labs we've reviewed,

NOTE Confidence: 0.92085713

00:19:32.020 --> 00:19:34.372 or how far back into their

NOTE Confidence: 0.92085713

00:19:34.372 --> 00:19:35.780 record we've gone.

NOTE Confidence: 0.92085713

00:19:35.780 --> 00:19:37.970 They know the patient best.

NOTE Confidence: 0.92085713

00:19:37.970 --> 00:19:42.170 Our social workers also follow

NOTE Confidence: 0.92085713

00:19:42.170 --> 00:19:43.229 patients, families, outpatient.

NOTE Confidence: 0.92085713

00:19:43.229 --> 00:19:44.994 They have caregiver support groups.

NOTE Confidence: 0.92085713

00:19:45.000 --> 00:19:47.478 They have bereavement support groups as well.

NOTE Confidence: 0.9033245

00:19:49.600 --> 00:19:50.924 It's a hard job.

NOTE Confidence: 0.9033245

00:19:50.924 --> 00:19:52.910 There's a lot of resources out

NOTE Confidence: 0.9033245

00:19:52.989 --> 00:19:55.389 there that social work may also

NOTE Confidence: 0.9033245

00:19:55.389 --> 00:19:58.182 connect folks with, both at a state and

NOTE Confidence: 0.9033245

00:19:58.182 --> 00:20:00.172 local and national level.
NOTE Confidence: 0.9033245

00:20:00.180 --> 00:20:02.196 I fill out a lot of family
NOTE Confidence: 0.9033245

00:20:02.196 --> 00:20:03.204 medical leave paperwork.
NOTE Confidence: 0.9033245

00:20:03.210 --> 00:20:05.569 Even though any physician can do that,
NOTE Confidence: 0.9033245

00:20:05.570 --> 00:20:07.761 but it is time intensive and it's
NOTE Confidence: 0.9033245

00:20:07.761 --> 00:20:09.484 something that many people don't
NOTE Confidence: 0.9033245

00:20:09.484 --> 00:20:11.294 think about until they're kind
NOTE Confidence: 0.9250159

00:20:11.300 --> 00:20:13.326 of asked,
NOTE Confidence: 0.9250159

00:20:13.326 --> 00:20:15.678 because they can imagine that you know,
NOTE Confidence: 0.9250159

00:20:15.680 --> 00:20:17.696 while the caregiver is the caregiver,
NOTE Confidence: 0.9250159

00:20:17.700 --> 00:20:19.728 the caregiver is also the patient.
NOTE Confidence: 0.9250159

00:20:19.730 --> 00:20:22.089 Who is a different patient,
NOTE Confidence: 0.9250159

00:20:22.090 --> 00:20:24.435 but you know somebody who is also
NOTE Confidence: 0.9250159

00:20:24.435 --> 00:20:26.514 going through their own form of
NOTE Confidence: 0.9250159

00:20:26.514 --> 00:20:28.524 depression and their own form of
NOTE Confidence: 0.9250159

00:20:28.524 --> 00:20:30.507 internal pain and their own issues,

NOTE Confidence: 0.9250159

00:20:30.510 --> 00:20:32.598 which only add to the plate

NOTE Confidence: 0.9250159

00:20:32.598 --> 00:20:33.990 that they've already got.

NOTE Confidence: 0.9250159

00:20:33.990 --> 00:20:35.450 That's already overflowing with

NOTE Confidence: 0.9250159

00:20:35.450 --> 00:20:38.006 all of the issues that they have

NOTE Confidence: 0.9250159

00:20:38.006 --> 00:20:40.560 to deal with for their loved one,

NOTE Confidence: 0.9248459

00:20:40.560 --> 00:20:42.750 right? So, recognizing that this is

NOTE Confidence: 0.9248459

00:20:42.750 --> 00:20:45.310 a group effort, not any of this,

NOTE Confidence: 0.9248459

00:20:45.310 --> 00:20:47.860 caregiving is not a single person's job.

NOTE Confidence: 0.9248459

00:20:47.860 --> 00:20:50.513 And there's a team of people to

NOTE Confidence: 0.9248459

00:20:50.513 --> 00:20:52.563 help support every patient and

NOTE Confidence: 0.9248459

00:20:52.563 --> 00:20:55.059 every caregiver and if it's

NOTE Confidence: 0.9248459

00:20:55.060 --> 00:20:56.638 a situation that

NOTE Confidence: 0.9248459

00:20:56.638 --> 00:20:58.355 isn't safe for their patient or

NOTE Confidence: 0.9248459

00:20:58.355 --> 00:20:59.885 isn't safe for the caregiver,

NOTE Confidence: 0.9248459

00:20:59.890 --> 00:21:01.871 I've had so many caregivers

NOTE Confidence: 0.9248459

00:21:01.871 --> 00:21:03.840 breaking an arm break a leg,
NOTE Confidence: 0.9248459

00:21:03.840 --> 00:21:05.140 they haven't slept in days
NOTE Confidence: 0.9248459

00:21:05.140 --> 00:21:06.989 and we need to recognize it.
NOTE Confidence: 0.9248459

00:21:06.990 --> 00:21:09.537 You know everyone needs to be cared for here.
NOTE Confidence: 0.9248459

00:21:09.540 --> 00:21:11.528 This is not a one person job.
NOTE Confidence: 0.9248459

00:21:11.530 --> 00:21:13.518 This is a marathon, not a race.
NOTE Confidence: 0.9248459

00:21:13.520 --> 00:21:15.585 And there's a team of people really
NOTE Confidence: 0.9248459

00:21:15.585 --> 00:21:17.453 here to support you and in the
NOTE Confidence: 0.9248459

00:21:17.453 --> 00:21:19.480 hospital we have a lot of resources,
NOTE Confidence: 0.9248459

00:21:19.480 --> 00:21:21.468 of course, but we also help coordinate
NOTE Confidence: 0.9248459

00:21:21.468 --> 00:21:22.610 outpatient support as well,
NOTE Confidence: 0.9248459

00:21:22.610 --> 00:21:24.030 whether that's home health aides,
NOTE Confidence: 0.9248459

00:21:24.030 --> 00:21:25.162 visiting nurses, home
NOTE Confidence: 0.9248459

00:21:25.162 --> 00:21:27.122 care, home Hospice support,
NOTE Confidence: 0.9248459

00:21:27.122 --> 00:21:28.978 medical equipment hospital beds,
NOTE Confidence: 0.9248459

00:21:28.980 --> 00:21:29.479 commodes,

NOTE Confidence: 0.9248459

00:21:29.479 --> 00:21:32.473 things like that that will make

NOTE Confidence: 0.9248459

00:21:32.473 --> 00:21:34.360 caregivers lives easier when

NOTE Confidence: 0.92921746

00:21:34.360 --> 00:21:36.312 they leave the hospital.

NOTE Confidence: 0.92921746

00:21:36.312 --> 00:21:39.249 What about your personal health, right?

NOTE Confidence: 0.92921746

00:21:39.249 --> 00:21:41.694 Because as a member of

NOTE Confidence: 0.92921746

00:21:41.694 --> 00:21:43.650 the palliative care team,

NOTE Confidence: 0.92921746

00:21:43.650 --> 00:21:46.765 I can imagine how emotionally invested you

NOTE Confidence: 0.92921746

00:21:46.765 --> 00:21:50.487 are in your patients and how exhausting

NOTE Confidence: 0.92921746

00:21:50.490 --> 00:21:53.514 just from an emotional burnout perspective

NOTE Confidence: 0.92921746

00:21:53.514 --> 00:21:57.400 that can be helping all of these patients

NOTE Confidence: 0.92921746

00:21:57.400 --> 00:21:59.464 and their

NOTE Confidence: 0.92921746

00:21:59.464 --> 00:22:02.044 families with their medical issues,

NOTE Confidence: 0.92921746

00:22:02.050 --> 00:22:04.273 their symptom issues.

NOTE Confidence: 0.92921746

00:22:04.273 --> 00:22:06.496 Their emotional issues.

NOTE Confidence: 0.92921746

00:22:06.500 --> 00:22:08.868 That must be exhausting.

NOTE Confidence: 0.8944173

00:22:10.210 --> 00:22:11.210 It can be exhausting.
NOTE Confidence: 0.8944173

00:22:11.210 --> 00:22:12.710 I will not lie.
NOTE Confidence: 0.8944173

00:22:12.710 --> 00:22:14.694 I think all of us in medicine and
NOTE Confidence: 0.8944173

00:22:14.694 --> 00:22:16.458 many other fields we work
NOTE Confidence: 0.8944173

00:22:16.460 --> 00:22:18.662 a lot of hours
NOTE Confidence: 0.8944173

00:22:18.662 --> 00:22:21.598 and do a lot of good work.
NOTE Confidence: 0.8944173

00:22:21.600 --> 00:22:23.819 I think it's important to take breaks
NOTE Confidence: 0.8944173

00:22:23.819 --> 00:22:26.050 to step away every now and then,
NOTE Confidence: 0.8944173

00:22:26.050 --> 00:22:28.363 but I think for me one of the key
NOTE Confidence: 0.8944173

00:22:28.363 --> 00:22:30.753 things that help prevent burnout and
NOTE Confidence: 0.8944173

00:22:30.753 --> 00:22:33.153 helps with provider and caregiver well
NOTE Confidence: 0.8944173

00:22:33.153 --> 00:22:35.583 being is I find so much meaning in my
NOTE Confidence: 0.8944173

00:22:35.590 --> 00:22:39.410 work and a lot of joy in the work that I do.
NOTE Confidence: 0.8944173

00:22:39.410 --> 00:22:41.318 So seeing a patient that was
NOTE Confidence: 0.8944173

00:22:41.318 --> 00:22:42.590 in just insufferable pain,
NOTE Confidence: 0.8944173

00:22:42.590 --> 00:22:43.541 unable to walk,

NOTE Confidence: 0.8944173

00:22:43.541 --> 00:22:45.126 having trouble eating and drinking,

NOTE Confidence: 0.8944173

00:22:45.130 --> 00:22:47.038 and two days later he's up

NOTE Confidence: 0.8944173

00:22:47.038 --> 00:22:48.310 and walking the halls,

NOTE Confidence: 0.8944173

00:22:48.310 --> 00:22:52.090 passing me by as I do my notes and

NOTE Confidence: 0.8944173

00:22:52.090 --> 00:22:54.781 those sorts of things just bring me so much

NOTE Confidence: 0.8944173

00:22:54.781 --> 00:22:57.497 joy and we do really great work every day.

NOTE Confidence: 0.8944173

00:22:57.500 --> 00:22:59.318 So that makes the job easier

NOTE Confidence: 0.8944173

00:22:59.318 --> 00:23:00.990 in a lot of ways

NOTE Confidence: 0.8944173

00:23:00.990 --> 00:23:02.844 and I think many people on

NOTE Confidence: 0.8944173

00:23:02.844 --> 00:23:04.809 my team feel the same way.

NOTE Confidence: 0.8944173

00:23:04.810 --> 00:23:06.604 So it's intense and it's important

NOTE Confidence: 0.8944173

00:23:06.604 --> 00:23:08.534 to take time away and whether

NOTE Confidence: 0.8944173

00:23:08.534 --> 00:23:10.219 that's time with family,

NOTE Confidence: 0.8944173

00:23:10.220 --> 00:23:11.805 doing things that I enjoy

NOTE Confidence: 0.8944173

00:23:11.805 --> 00:23:13.073 outside of the hospital,

NOTE Confidence: 0.8944173

00:23:13.080 --> 00:23:14.590 spending time with people that
NOTE Confidence: 0.8944173

00:23:14.590 --> 00:23:16.890 I enjoy that are on my vacation,
NOTE Confidence: 0.8944173

00:23:16.890 --> 00:23:18.798 I do enjoy time with my
NOTE Confidence: 0.8944173

00:23:18.798 --> 00:23:20.070 patients and my colleagues,
NOTE Confidence: 0.8944173

00:23:20.070 --> 00:23:21.670 of course,
NOTE Confidence: 0.8944173

00:23:21.670 --> 00:23:24.862 but I do find a lot of meaning
NOTE Confidence: 0.8944173

00:23:24.862 --> 00:23:27.079 in the work I do every day.
NOTE Confidence: 0.8944173

00:23:27.080 --> 00:23:29.232 So on one hand it is very challenging
NOTE Confidence: 0.8944173

00:23:29.232 --> 00:23:31.020 work and it's important to
NOTE Confidence: 0.8944173

00:23:31.020 --> 00:23:32.995 recognize the potential for burnout.
NOTE Confidence: 0.8944173

00:23:33.000 --> 00:23:35.152 But at the same time I think my
NOTE Confidence: 0.8944173

00:23:35.152 --> 00:23:37.006 life without this work would
NOTE Confidence: 0.8944173

00:23:37.006 --> 00:23:38.260 be significantly lacking.
NOTE Confidence: 0.8944173

00:23:38.260 --> 00:23:40.412 So I enjoy what I do and I
NOTE Confidence: 0.8944173

00:23:40.412 --> 00:23:42.540 know my colleagues feel the
NOTE Confidence: 0.93736535

00:23:42.540 --> 00:23:44.180 same way. That's so important.

00:23:46.490 --> 00:23:49.066 We talked a little bit about
NOTE Confidence: 0.93736535

00:23:49.066 --> 00:23:51.390 making sure that when people pass away
NOTE Confidence: 0.93736535

00:23:51.390 --> 00:23:53.935 they pass away as they would wish.
NOTE Confidence: 0.93736535

00:23:53.935 --> 00:23:56.708 That their wishes are fulfilled in
NOTE Confidence: 0.93736535

00:23:56.708 --> 00:23:59.539 and that they find closure,
NOTE Confidence: 0.93736535

00:23:59.540 --> 00:24:01.880 in
NOTE Confidence: 0.93736535

00:24:01.880 --> 00:24:04.673 kind of put the finishing touches on
NOTE Confidence: 0.93736535

00:24:04.673 --> 00:24:07.340 the things that they wanted to do.
NOTE Confidence: 0.93736535

00:24:07.340 --> 00:24:10.372 Tell us about preparing for end of life
NOTE Confidence: 0.93736535

00:24:10.372 --> 00:24:12.809 because it's certainly not something that
NOTE Confidence: 0.93736535

00:24:12.809 --> 00:24:16.309 we all like to think about or talk about.
NOTE Confidence: 0.93736535

00:24:16.310 --> 00:24:18.970 And you had mentioned
NOTE Confidence: 0.93736535

00:24:18.970 --> 00:24:22.156 that one of the services that you have,
NOTE Confidence: 0.93736535

00:24:22.160 --> 00:24:25.429 in the myriad of services,
NOTE Confidence: 0.93736535

00:24:25.430 --> 00:24:28.209 was a partnership with Yale
NOTE Confidence: 0.93736535

00:24:28.209 --> 00:24:31.230 Law to help with legal documents?

NOTE Confidence: 0.93736535

00:24:31.230 --> 00:24:35.334 But what kinds of things should people really

NOTE Confidence: 0.93736535

00:24:35.334 --> 00:24:38.970 be thinking about before?

NOTE Confidence: 0.93736535

00:24:38.970 --> 00:24:41.940 Looking at end of life because we

NOTE Confidence: 0.93736535

00:24:41.940 --> 00:24:44.986 all know that it's coming at some point.

NOTE Confidence: 0.93736535

00:24:44.990 --> 00:24:47.391 It's coming and we we may not

NOTE Confidence: 0.93736535

00:24:47.391 --> 00:24:49.240 want to think about it.

NOTE Confidence: 0.93736535

00:24:49.240 --> 00:24:51.358 We may think that it is,

NOTE Confidence: 0.93736535

00:24:51.360 --> 00:24:52.066 you know,

NOTE Confidence: 0.93736535

00:24:52.066 --> 00:24:54.184 decades and decades and decades away.

NOTE Confidence: 0.93736535

00:24:54.190 --> 00:24:56.668 And so we don't think about it.

NOTE Confidence: 0.93736535

00:24:56.670 --> 00:24:59.057 But what things should we be thinking

NOTE Confidence: 0.93736535

00:24:59.057 --> 00:25:01.630 about and talking about with our families?

NOTE Confidence: 0.93736535

00:25:01.630 --> 00:25:02.689 I think there

NOTE Confidence: 0.9411906

00:25:02.690 --> 00:25:05.378 are two perspectives to take when you

NOTE Confidence: 0.9411906

00:25:05.378 --> 00:25:07.638 think about preparing for end of life.

NOTE Confidence: 0.9411906

00:25:07.640 --> 00:25:09.766 So there is the caregiver perspective
NOTE Confidence: 0.9411906

00:25:09.766 --> 00:25:11.676 and sort of the practical
NOTE Confidence: 0.9411906

00:25:11.676 --> 00:25:13.232 legal power of attorney
NOTE Confidence: 0.9411906

00:25:13.232 --> 00:25:14.750 perspective,
NOTE Confidence: 0.9411906

00:25:14.750 --> 00:25:16.500 and that's a hard job,
NOTE Confidence: 0.9411906

00:25:16.500 --> 00:25:18.600 so there's that perspective,
NOTE Confidence: 0.9411906

00:25:18.600 --> 00:25:19.880 the more practical sense.
NOTE Confidence: 0.9411906

00:25:19.880 --> 00:25:21.480 And then there's really the
NOTE Confidence: 0.9411906

00:25:21.480 --> 00:25:22.799 patient focused perspective,
NOTE Confidence: 0.9411906

00:25:22.800 --> 00:25:24.900 which I think is highly individualized.
NOTE Confidence: 0.9411906

00:25:24.900 --> 00:25:27.350 So in terms of the patient perspective,
NOTE Confidence: 0.9411906

00:25:27.350 --> 00:25:29.420 each and every patient is different
NOTE Confidence: 0.9411906

00:25:29.420 --> 00:25:32.658 than what I try to do is just normalize
NOTE Confidence: 0.9411906

00:25:32.658 --> 00:25:35.400 whatever is important to them at that time.
NOTE Confidence: 0.9411906

00:25:35.400 --> 00:25:37.983 So when patients face their
NOTE Confidence: 0.9411906

00:25:37.983 --> 00:25:39.948 mortality or nearing end of life,

NOTE Confidence: 0.9411906

00:25:39.950 --> 00:25:42.050 every patient has a unique story.

NOTE Confidence: 0.9411906

00:25:42.050 --> 00:25:44.768 Some people are really fixated on, and

NOTE Confidence: 0.9411906

00:25:44.770 --> 00:25:46.818 I had one patient who he managed all

NOTE Confidence: 0.9411906

00:25:46.818 --> 00:25:48.439 the practical things for his home.

NOTE Confidence: 0.9411906

00:25:48.440 --> 00:25:49.488 Everything outside

NOTE Confidence: 0.9411906

00:25:49.488 --> 00:25:51.060 of the home was his job.

NOTE Confidence: 0.9411906

00:25:51.060 --> 00:25:53.055 Everything inside the home was his wife's

NOTE Confidence: 0.9411906

00:25:53.055 --> 00:25:55.325 job and he said I need to teach her

NOTE Confidence: 0.9411906

00:25:55.325 --> 00:25:57.344 how to use the snow plow and this

NOTE Confidence: 0.9411906

00:25:57.344 --> 00:25:59.585 was a really key thing for him and I

NOTE Confidence: 0.9411906

00:25:59.585 --> 00:26:01.796 thought it was so touching that this was

NOTE Confidence: 0.9411906

00:26:01.800 --> 00:26:03.896 how this man lived his life.

NOTE Confidence: 0.9411906

00:26:03.900 --> 00:26:05.514 These were the people that he

NOTE Confidence: 0.9411906

00:26:05.514 --> 00:26:07.300 cared about and this was his job.

NOTE Confidence: 0.9411906

00:26:07.300 --> 00:26:08.874 And

NOTE Confidence: 0.9411906

00:26:08.874 --> 00:26:10.970 it may have seemed silly
NOTE Confidence: 0.9411906

00:26:10.970 --> 00:26:12.796 to some other people in his life,
NOTE Confidence: 0.9411906

00:26:12.800 --> 00:26:14.585 but for him this was really important
NOTE Confidence: 0.9411906

00:26:14.585 --> 00:26:16.707 to make sur. He already had all the
NOTE Confidence: 0.9411906

00:26:16.707 --> 00:26:18.729 financial things and all the other things.
NOTE Confidence: 0.9411906

00:26:18.730 --> 00:26:20.795 But his wife needed to learn how
NOTE Confidence: 0.9411906

00:26:20.795 --> 00:26:22.520 to use a snow plow.
NOTE Confidence: 0.9411906

00:26:22.520 --> 00:26:23.495 For other people,
NOTE Confidence: 0.9411906

00:26:23.495 --> 00:26:25.751 it's a physical legacy, right?
NOTE Confidence: 0.9411906

00:26:25.751 --> 00:26:28.875 So I want so and so to have my wedding
NOTE Confidence: 0.9411906

00:26:28.875 --> 00:26:32.300 ring I want so and so to have my boat,
NOTE Confidence: 0.9411906

00:26:32.300 --> 00:26:33.930 for other people it's
NOTE Confidence: 0.9411906

00:26:33.930 --> 00:26:35.510 personal physical items that they
NOTE Confidence: 0.9411906

00:26:35.510 --> 00:26:37.520 need to worry about other people.
NOTE Confidence: 0.9411906

00:26:37.520 --> 00:26:39.697 They may have already thought about these
NOTE Confidence: 0.9411906

00:26:39.697 --> 00:26:42.077 things, I've paid for my children's college.

NOTE Confidence: 0.9411906

00:26:43.632 --> 00:26:45.960 but I haven't really thought about

NOTE Confidence: 0.9411906

00:26:46.036 --> 00:26:48.311 myself and what I want to leave

NOTE Confidence: 0.9411906

00:26:48.311 --> 00:26:50.957 behind or what I need to process

NOTE Confidence: 0.9411906

00:26:50.957 --> 00:26:52.957 so every individual is different.

NOTE Confidence: 0.9411906

00:26:52.960 --> 00:26:55.696 There was a gentleman I took care of

NOTE Confidence: 0.9411906

00:26:55.696 --> 00:26:58.564 many years ago in a very far away place,

NOTE Confidence: 0.9411906

00:26:58.570 --> 00:27:01.138 but he was passing away at a pretty

NOTE Confidence: 0.9411906

00:27:01.138 --> 00:27:03.850 young age and it had a really diverse,

NOTE Confidence: 0.9411906

00:27:03.850 --> 00:27:05.500 exciting life and traveled extensively,

NOTE Confidence: 0.9411906

00:27:05.500 --> 00:27:07.300 studied extensively and he helped

NOTE Confidence: 0.9411906

00:27:07.300 --> 00:27:09.100 plan itinerariesvfor trips

NOTE Confidence: 0.9411906

00:27:09.159 --> 00:27:11.315 that he wanted his family to take

NOTE Confidence: 0.9411906

00:27:11.315 --> 00:27:12.759 that were meaningful for him.

NOTE Confidence: 0.9411906

00:27:12.760 --> 00:27:15.070 So this is where I studied abroad.

NOTE Confidence: 0.9411906

00:27:15.070 --> 00:27:17.710 This is where I had my first internship.

00:27:18.372 --> 00:27:21.020 This is the coffee shop that I used

NOTE Confidence: 0.9411906

00:27:21.098 --> 00:27:23.746 to study at back in wherever and so

NOTE Confidence: 0.9411906

00:27:23.750 --> 00:27:25.360 that was important to him,

NOTE Confidence: 0.9411906

00:27:25.360 --> 00:27:26.970 and we helped him facilitate

00:27:27.762 --> 00:27:30.534 writing all of these things down and

NOTE Confidence: 0.9411906

00:27:30.534 --> 00:27:32.510 documenting them.

NOTE Confidence: 0.9411906

00:27:32.510 --> 00:27:34.435 Everybody is different and I think I

NOTE Confidence: 0.9411906

00:27:34.435 --> 00:27:36.283 try to educate caregivers and family

NOTE Confidence: 0.9411906

00:27:36.283 --> 00:27:38.544 members to respect whatever it is that

NOTE Confidence: 0.9411906

00:27:38.603 --> 00:27:40.487 is important to their loved ones.

NOTE Confidence: 0.9411906

00:27:40.490 --> 00:27:42.338 So even if you're kind of

NOTE Confidence: 0.9411906

00:27:42.338 --> 00:27:43.570 rolling your eyes like

NOTE Confidence: 0.9333607

00:27:43.635 --> 00:27:46.018 I don't care about all of your passwords,

NOTE Confidence: 0.9333607

00:27:46.020 --> 00:27:47.910 I don't need to know the

NOTE Confidence: 0.9333607

00:27:47.910 --> 00:27:50.008 last four of every bank account.

NOTE Confidence: 0.9333607

00:27:50.010 --> 00:27:51.154 But for some people,

NOTE Confidence: 0.9333607

00:27:51.154 --> 00:27:53.390 that's just what they need to process.

NOTE Confidence: 0.9333607

00:27:53.390 --> 00:27:56.036 I liken it to when you have that nesting

NOTE Confidence: 0.9333607

00:27:56.036 --> 00:27:58.012 instinct when you're very, very pregnant,

NOTE Confidence: 0.9333607

00:27:58.012 --> 00:28:00.900 you just need to clean out

NOTE Confidence: 0.9333607

00:28:00.900 --> 00:28:03.204 whatever it is you need to clean out.

NOTE Confidence: 0.9333607

00:28:03.210 --> 00:28:04.254 And there's just

NOTE Confidence: 0.9333607

00:28:04.254 --> 00:28:05.994 no rationalizing it right.

NOTE Confidence: 0.9333607

00:28:06.000 --> 00:28:08.359 You need to clean out that

NOTE Confidence: 0.9333607

00:28:08.359 --> 00:28:09.920 bottom drawer in your garage.

NOTE Confidence: 0.9333607

00:28:09.920 --> 00:28:12.424 Otherwise you're going to go crazy.

NOTE Confidence: 0.9333607

00:28:12.424 --> 00:28:15.042 So whatever it is that people feel

NOTE Confidence: 0.9333607

00:28:15.042 --> 00:28:17.032 the need to do, respect that.

NOTE Confidence: 0.9333607

00:28:17.032 --> 00:28:19.168 Support them and

NOTE Confidence: 0.9333607

00:28:19.168 --> 00:28:20.596 normalize that itch, whatever

NOTE Confidence: 0.9333607

00:28:20.596 --> 00:28:21.308 that itch is.

NOTE Confidence: 0.9333607

00:28:21.308 --> 00:28:23.800 For people as a caregiver,

NOTE Confidence: 0.9333607

00:28:23.800 --> 00:28:25.936 I was medical and legal power
NOTE Confidence: 0.9333607

00:28:25.936 --> 00:28:28.058 of attorney for my mother, and
NOTE Confidence: 0.9333607

00:28:28.058 --> 00:28:31.989 it was sort of a crash course in all of this.
NOTE Confidence: 0.9333607

00:28:31.990 --> 00:28:33.094 And, you
NOTE Confidence: 0.9333607

00:28:33.094 --> 00:28:34.934 write down all those passwords.
NOTE Confidence: 0.9333607

00:28:34.940 --> 00:28:38.276 Keep a running log of all that
NOTE Confidence: 0.9333607

00:28:38.276 --> 00:28:40.515 important information because it is a
NOTE Confidence: 0.9333607

00:28:40.515 --> 00:28:43.150 boatload for people to take care of both
NOTE Confidence: 0.9333607

00:28:43.150 --> 00:28:45.760 if patients are diagnosed with serious
NOTE Confidence: 0.9333607

00:28:45.760 --> 00:28:48.158 illness or unable to participate
NOTE Confidence: 0.9333607

00:28:48.158 --> 00:28:51.048 in medical and financial decisions.
00:28:51.353 --> 00:28:53.474 I view it from a caregiver perspective
NOTE Confidence: 0.9333607

00:28:53.474 --> 00:28:54.780 and inpatient perspective,
NOTE Confidence: 0.9333607

00:28:54.780 --> 00:28:57.146 but there's no right or wrong way,
NOTE Confidence: 0.9333607

00:28:57.150 --> 00:28:58.510 and there's no one
NOTE Confidence: 0.9308245

00:28:58.510 --> 00:29:00.764 way to do it, certainly
NOTE Confidence: 0.9308245

00:29:00.764 --> 00:29:03.194 Dr. Prsic is the director of
NOTE Confidence: 0.9308245

00:29:03.194 --> 00:29:04.949 the Adult Palliative Care Program,
NOTE Confidence: 0.9308245

00:29:04.950 --> 00:29:06.645 an an assistant professor at
NOTE Confidence: 0.9308245

00:29:06.645 --> 00:29:08.340 the Yale School of Medicine.
NOTE Confidence: 0.9308245

00:29:08.340 --> 00:29:09.700 If you have questions,
NOTE Confidence: 0.9308245

00:29:09.700 --> 00:29:11.060 the address is canceranswers@yale.edu
NOTE Confidence: 0.9308245

00:29:11.060 --> 00:29:12.940 and past editions of the program
NOTE Confidence: 0.9308245

00:29:12.940 --> 00:29:14.656 are available in audio and written
NOTE Confidence: 0.9308245

00:29:14.708 --> 00:29:16.139 form at Yalecancercenter.org.
NOTE Confidence: 0.9308245

00:29:16.140 --> 00:29:18.867 We hope you'll join us next week to learn
NOTE Confidence: 0.9308245

00:29:18.867 --> 00:29:21.277 more about the fight against cancer.
NOTE Confidence: 0.9308245

00:29:21.280 --> 00:29:24.045 Here on Connecticut Public Radio.